Ayari doesn't usually forget things... Now what are you going to do, Big Sister?

これまでのあらすじ

両親の再婚により突然姉妹となり、ふたり暮らしを強いられた女子高生、サチとあやり。最初は口数少なく目つきの鋭いあやりに怖じ気づいてしまうサチだったが、あやりが得意な料理を通じて、姉妹として少しだけ距離が近づくのだった。食いしん坊で元気いっぱいのサチ、うまくコミュニケーションが取れずに目つきが悪くなってしまうけど料理が得意なあやり。幸せな笑顔は美味しい料理から――女子高生のふたり暮らしクッキングストーリー！

Which one to pick?
This one looks good
Hm.
This one looks bigger
This one looks tasty too-
Which one is the best eggplant!?

新米姉妹のふたりごはん
Let's have a meal together!
柊ゆたか
THE LOVE IN COOKING STARTS FROM HERE.
14th Course: Summer Rolls
"SHINMAI SHIMAI NO FUTARI GOHAN" OFFICIAL HOMEPAGE
YOU CAN BROWSE VIDEOS AND RECIPES FOR THE FEATURED DISHES ON OUR NEW SITE!
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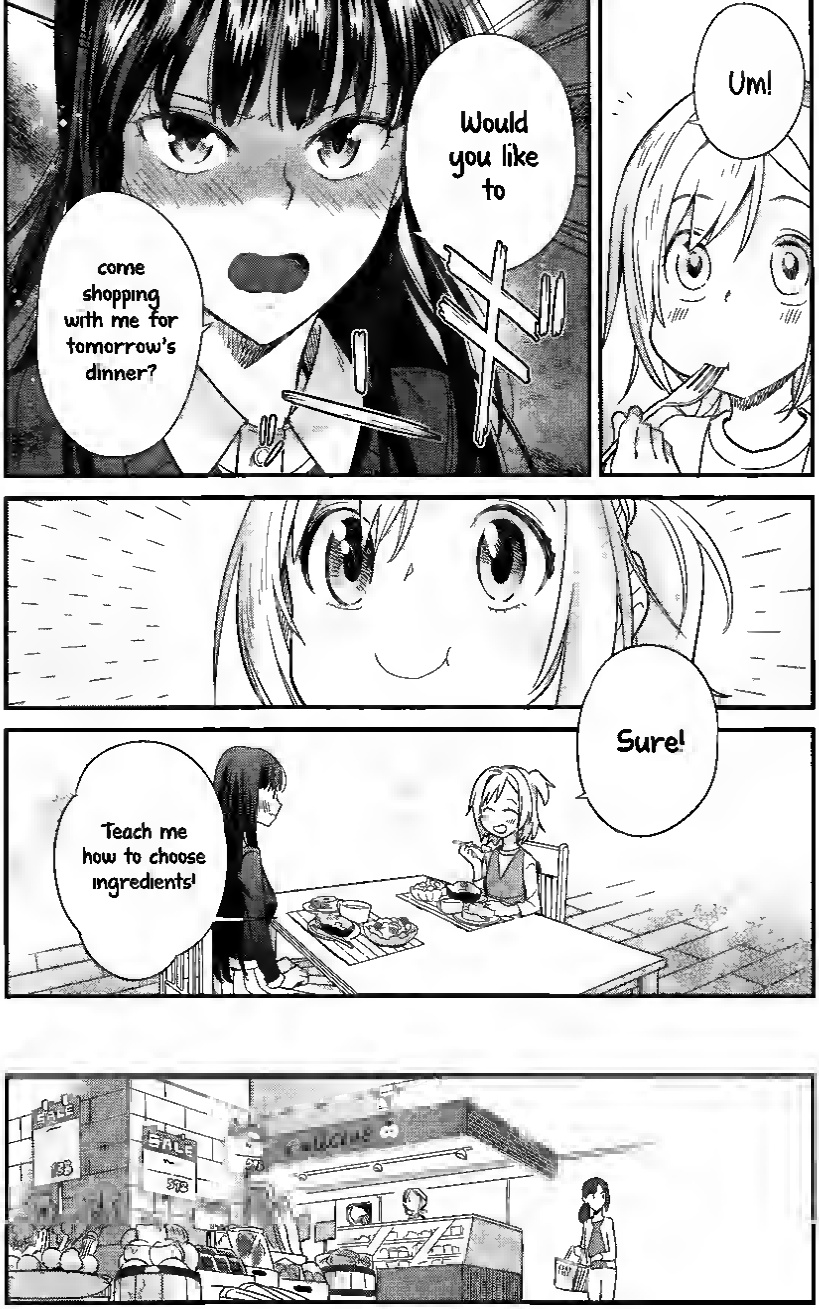
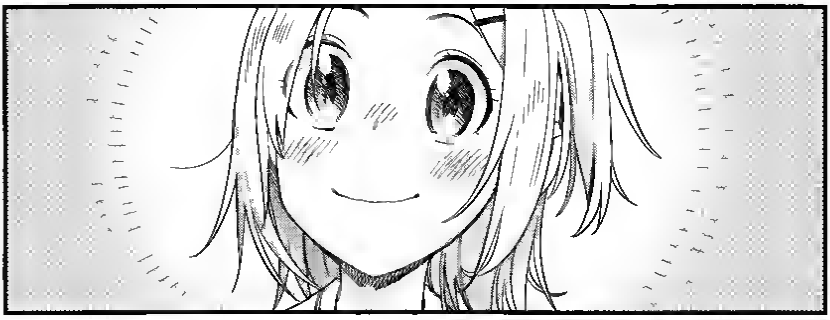
How to choose ingredients?
You know a lot about them, right?
People who cook can take one glance and say "This is it!", right?
How do they do that?
Hot!
Hmm... It depends on the ingredient, but..
.....


Would you like to
come shopping with me for tomorrow's dinner?
Um!
Sure!
Teach me how to choose ingredients!
SALE
SALE

What are you making for dinner tonight?
Summer rolls
Summer rolls!
They're packed with veggies! I love them!
First is the lettuce

Wouldn't a heavier lettuce be better?
Hold them up and pick the lighter ones
Lettuce leaves should be shiny, firm and not too tightly packed
Heavier lettuce are overgrown. The leaves will be hard and it will taste bitter
Hmm
Also, the cut at the bottom should be white. That means it's fresh.
This one!
How is it?

Looks good.



Next is cucumbers.
They all look the same to me...
Heavier cucumbers have higher water content
Choose the darkest ones with pointy warts
They should also be of uniform thickness
Hmm

This one looks good!
Hmm
It's heavy and juicy
138円
Alright!
I hereby grant you the title of Best Cucumber!
Perilla should not be blackened
They should be firm and crisp
かさ
READY-TO-USE
STEMLESS
もやし
Pick bean sprouts that are firm, dry, and don't stick together

Next up are the very important avocados!
Avocados!
Nee-san. Try choosing one.
Huh!?
This one?
Hmmm...

Why did you pick that one?
Um...
We need ripe avocado for summer rolls, so I thought a black one would be better
And a round and shiny one would have more meat
What do you think?
I would
pick this one too
Ehehe

Today, we'll be putting shrimp,
glass noodles, the chicken thighs I soaked in salt water the other day,
fresh lettuce, cucumbers, perilla, avocado,
and crushed nuts in these summer rolls!
First, we'll prepare the ingredients like shrimp and glass noodles that need to be pre-cooked
Put the shrimp along with salt, wine, and vinegar in the pot, add water, turn on the heat
Drop the glass noodles in a boiling pot of water and let it boil again

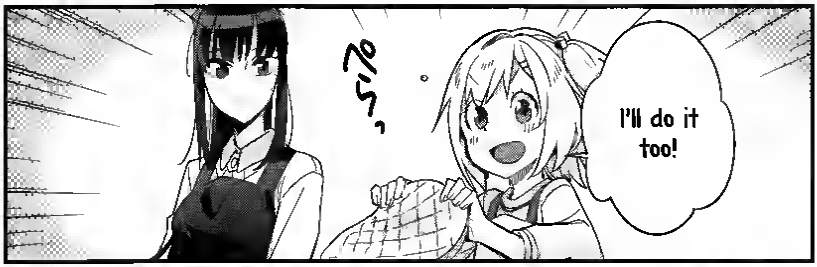
After the shrimp have boiled for one minute, rinse with cold water and cut in halves lengthwise
It's easier to cut them on their side.
I see!
Wow!
Take the glass noodles out of the water as well
Add some sesame oil so they don't stick together
Also, boil the bean sprouts and once they've cooled a bit, put them in the fridge

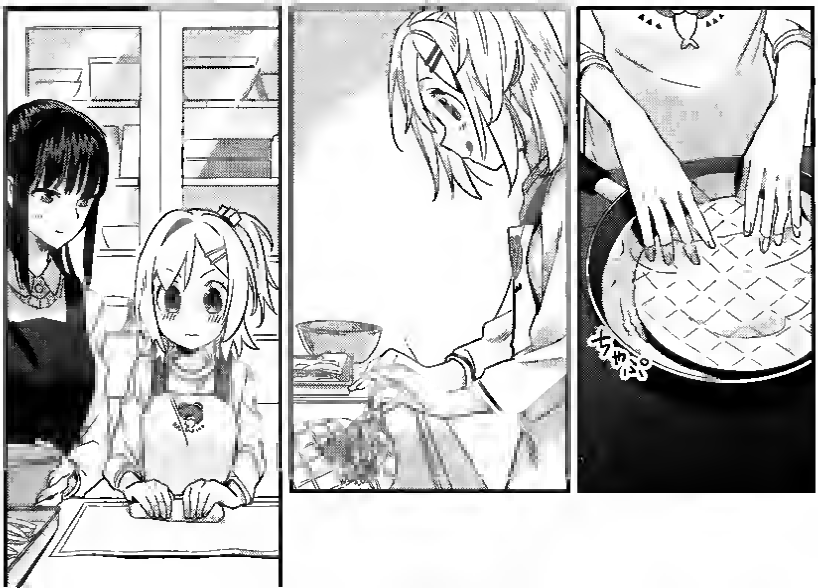
Next we'll cut the vegetables used for filling
Cut the cucumber into thin diagonal slices,
stack them up and cut into strips

Cut the avocado in the middle and all around.
Twist one half off..
Peel the skin and slice lengthwise
And now we're done with the fillings!
Let's start making summer rolls!

Dip two sheets of the skin in 50°C water,
put all the fillings except shrimp in a pile on one side
Roll it tightly so the skin doesn't slacken,
and put the shrimp halves in front
Fold the sides in and roll it up.

Wow!
I can see
the shrimp
in there!
So
pretty!


I'll do it
too!



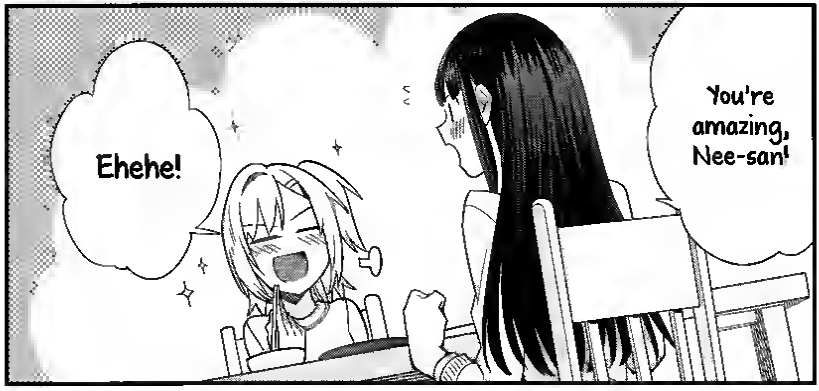
Done!
Chicken and avocado summer rolls!
Dip it in some sweet chili sauce
たっぷり
Ahn
Let's
eat!
Mnn
BITE
もぐもぐ

A burst of
crunchy vegetables!
Doubling up the skins makes it chewier..
The best vegetables in the best summer roll
Ayari, we got some ham again, right?
From Dad.
Hm...

What do you want to do with the ham?
Hehehe!
Wrap the ham around the summer roll...
It's a ham-wrapped summer roll!

D-Delicious!
This pairing is perfect, Nee-san!

With the strong saltiness of ham,
it's great even without sauce


You're amazing, Nee-san!
Ehehe!

I'm home!
I got the things you asked for!
They're all great ingredients
Fresh and delicious-looking

An excellent student! She might be an airhead, but Ayari's big sister is pretty amazing.

There's some I didn't teach you about, too

So shiny

I took the techniques you taught me and tried applying them to other ingredients!

I'm glad it turned out alright!

♪

Nee-san

is amazing.

◀◀◀ To be continued next issue!

12th issue will be out December 27th!

今日のふたりレシピ vol.14

today's futari recipe

SUMMER ROLLS

SUMMER ROLLS FOR TWO
(FIVE ROLLS PER PERSON)

INGREDIENTS:
- 20 SHEETS OF RICE PAPER
- 15G GLASS NOODLES
- SESAME OIL

- 4 LEAVES OF LETTUCE
- 1 CUCUMBER
- 1/2 WHITE SCALLION
- 1 AVOCADO
- 10 PERILLA LEAVES
- 15G PEANUTS

- 10 SHRIMP
- 1.5L WATER
- 2 TABLESPOONS VINEGAR
- 1/2 TABLESPOON SUGAR
- 1/2 TABLESPOON SALT
- WINE

SOAKED CHICKEN:
- 1 PC CHICKEN THIGH MEAT
- ENOUGH WATER TO COVER MEAT
- 2 TEASPOONS SALT

- **SWEET CHILI SAUCE**

FOR THOSE NEW TO COOKING, ONE OF THE FIRST BARRIERS THEY BUMP UP AGAINST IS HOW TO CHOOSE INGREDIENTS. SIMPLE RECIPES WILL MENTION AMOUNTS LIKE "LETTUCE, HALF A HEAD" BUT HOW BIG SHOULD IT BE? AND WHAT DO THE IDEAL ONES LOOK LIKE? IT'S NOT IN THE RECIPE.

NORMALLY SPEAKING, VEGETABLES ARE BEST FRESH. AS AYARI SAYS, THE CUT ENDS OF LETTUCE SHOULD BE WHITE, CUCUMBERS AND BEAN SPROUTS SHOULD BE FIRM AND FILLED WITH WATER, AND PERILLA SHOULD NOT BE BLACKENED. THESE ARE ALL SIGNS THAT NOT MUCH TIME HAS PASSED SINCE IT WAS HARVESTED. PAY ATTENTION ESPECIALLY TO THE STEMS AND CUT ENDS. IN GENERAL, BRIGHT AND NOT DULLENED VEGETABLES ARE MOST LIKELY TO BE FRESH. IF YOU REMEMBER THESE RULES, YOU'LL BE ABLE TO APPLY THEM TO VEGETABLES YOU'RE BUYING FOR THE FIRST TIME, JUST LIKE SACHI!

A MORE DIFFICULT PROBLEM COMES UP FOR FOODS THAT ARE BEST RIPE. FOR EXAMPLE, THE AVOCADO IN THIS CHAPTER IS STILL RIPENING WHEN IT GOES ON THE STORE SHELF AFTER BEING HARVESTED. THIS PROCESS IS CALLED "CLIMACTERIC." DURING THE CLIMACTERIC, THE AVOCADO'S WATER CONTENT DROPS AND THE FAT'S INCREASE, MAKING IT SWEETER AND MORE DELICIOUS. THERE ARE MANY CLIMACTERIC FRUITS LIKE KIWIS AND BANANAS.

AFTER BUYING THOSE VEGETABLES, SACHI AND AYARI DECIDED TO USE THEM TO MAKE SUMMER ROLLS. A VIETNAMESE DISH, THE INGREDIENTS ARE ROLLED UP WITHOUT FRYING. UNLIKE CHINESE EGG ROLLS, FOR DISPLAYING THE FLAVORS OF FRESH VEGETABLES, IT'S THE PERFECT FIT!

SACHI AND AYARI SERVED THE ROLLS WITH SWEET CHILI SAUCE AND HAM, BUT TRADITIONALLY THEY ARE DIPPED IN NUOC CHAM. NUOC CHAM IS A CONDIMENT MADE BY MIXING TOGETHER NUOC MAM (VIETNAMESE FISH SAUCE), SUGAR, LIME JUICE, VINEGAR, RED PEPPER, GARLIC AND WATER. SOME VARIANTS USE SESAME, PEANUTS, OR CILANTRO AS WELL. OTHER THAN SUMMER ROLLS, NUOC CHAM IS A VERSATILE CONDIMENT THAT CAN ALSO BE USED WITH SALADS, MEAT, AND FRIED FISH AND MORE. YOU CAN SUBSTITUTE NUOC MAM WITH ISHIRU (JAPANESE FISH SAUCES), TOO. THERE'S AN ABUNDANCE OF FISH SAUCES OUT THERE, SO EXPERIMENTING WITH THEM COULD BE INTERESTING.

Illustration: Hiiragi Yutaka

PRACTI-CAL!!

Futari Gohan

COOKING MANGA RESEARCHER SUGIMURA KEI'S

SUGIMURA KEI
Profile

THE POPULAR COOKING MANGA RESEARCHER BEHIND "SOU SAUCE NOTEBOOK," "WHITE HOT SAKE CLASSROOM," AND MANY OTHER WORKS. HE'LL TALK ABOUT THE COOKING FEATURED IN "SHIMAI SHIMAI NO FUTARI," [illegible] OWN EXPERIENCES.

DIRECTIONS:

1. [PREPARE AND CHILL THE CHICKEN] PUT THE CHICKEN IN A RICE COOKER. ADD THE WATER AND SALT.

2. SET COOKER TO "KEEP WARM" AND WAIT ONE HOUR. AFTER IT IS COOL, PUT IN FRIDGE TO CHILL.

3. [BOIL AND HALVE SHRIMP] ADD SALT, WINE, VINEGAR, AND UNSHELLED SHRIMP TO WATER. TURN OFF THE HEAT WHEN IT START'S BOILING. WAIT FOR 1-2 MINUTES. SOAK IN COLD WATER, PEEL, CUT IN HALF LENGTHWISE AND DEVEIN.

4. BOIL THE GLASS NOODLES AND DRAIN. ADD A LITTLE SESAME OIL SO IT IS EASY TO STIR. BOIL THE BEAN SPROUTS AND LET THEM COOL.

5. [CUT THE VEGETABLES] CUT THE LETTUCE, CUCUMBER, AND SCALLION INTO STRIPS. SLICE THE AVOCADO AND ROUGHLY CHOP PEANUTS. (NOTE: THE VEGETABLES SHOULD BE ROUGHLY HALF AS LONG AS THE RICE PAPER'S WIDTH.)

6. CUT THE COOLED CHICKEN INTO THIN STRIPS.

7. HEAT WATER IN A PAN TO 40°C. THE PAN SHOULD BE WIDE ENOUGH TO FIT THE RICE PAPER. DIP TWO SHEETS IN A TIME, AND DRY OFF EXCESS WATER.

8. PUT ONE SHEET ON TOP OF ANOTHER, AND ADD A LAYER OF PERILLA LEAVES. PUT THE REST OF THE FILLINGS DOWN IN A LONG NARROW PILE, AND SPRINKLE THE PEANUTS ON TOP. (MAKE SURE THE FILLINGS DO NOT APPROACH THE SIDES OF THE RICE PAPER.)

9. FOLD THE RICE PAPER OVER THE PILE AND ROLL ONCE WHILE PRESSING LIGHTLY ON THE PILE OF FILLINGS.

10. PLACE THE BOILED SHRIMP CUT-SIDE UP ONTO THE RICE PAPER. FOLD BOTH SIDES OF THE RICE PAPER TOWARDS THE CENTER, AND ROLL AGAIN WHILE PRESSING DOWN ON THE FILLING.

11. CUT IN FOUR PIECES AND PUT ON PLATE. SERVE WITH SWEET CHILI SAUCE.

TRANSLATION:
ALMOND
TYPESETTING:
NOUZ
QC:
PATAMON,
DRPEPPERFAN,
FIRELILY.
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